



# Dracut Council on Aging Newsletter

**FEBRUARY 2013**

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442

Editor, Joyce H. Shadan

Website: **www.dracut-ma.us**

E-Mail: **councilonaging@dracut-ma.us**

The Dracut Council on Aging is offering its 9th Annual Legacies Contest. The contest is a writing competition and is open to all seniors. For the past nine years local seniors have submitted their stories, many of whom have never written before. Many found that though the writing process that it was beneficial for them on many levels. Expressing their thoughts, feelings or emotions was rewarding and cathartic. Many are excited to see their story printed in the Legacies Anthology. Others feel that a bit of them can be left to their family and friends.

This year we're happy to have the Lakeview Jr. High students participate in the contest. They will be available to assist the authors with their writing, editing or typing. They can also help with getting your story started.

The contest begins in February and the students will be available to assist during the February school vacation week 2/19/13-2/22/13. Story submissions are due March 29th and the Legacies Ceremony and Luncheon will be held in April, date to be announced. Categories for all stories are: Veterans memories, a story for your grandchildren, describe a spiritual experience, a challenge in your life or tell a funny or sentimental story.

We celebrate Valentines Day on the 14th of this month and traditionally it's a holiday about romantic love. But many of us like to express our love to family and friends as well being to tend to forget ourselves somehow and overlook that self-love is most important. Taking care of ourselves by remaining active, exercising our bodies and minds and engaging in meaningful activities, allows us good health and sense of well being to care of others. Make this Valentines day about yourself as well as those who you love. Don't forget to do something special for yourself. Join a class, take on a creative endeavor, socialize with your friends, and remember to be kind to yourself. Join us for the fun at The Dracut Council on Aging "The Best Place in Town"

Executive Director, Joyce Shadan

## **COUNCIL ON AGING STAFF**

=====

Joyce H. Shadan,  
*Executive Director*  
Judy Gilbert, *Social Services*  
*Volunteer Coordinator*  
Donna Houston  
*Outreach Coordinator*  
Pat Cahill  
*Clerk/Bookkeeper*  
Alma Reeves,  
*Administrative Assistant*  
Anita Chartier, *Bus Driver*  
Russ Lahaise, *Bus Driver*  
Bill Dorris *Bus Driver*  
Gertrude Frechette, *Custodian*  
Bob Houston, *Custodian*  
Monica Gagne, *Greeter, CTI*

## **NUTRITION PROGRAM**

Debra Lasorsa, *Site Manager*  
Donna Campbell, *Site Aide*

## **COUNCIL ON AGING BOARD**

Pat Merrill, *Chairperson*  
Ann Casey, *Vice Chairperson*  
Mary Jo Sudol, *Treasurer*  
Renee Espinola, *Secretary*

## **MEMBERS**

William O'Neill  
Chet Pater  
Gerald Surprenant  
Lt. Mike Fluery  
Louis Darvirris  
Omer Matte

**Senior Center Hours**  
Monday through Friday  
8:00 am to 4:00 pm

## Social Services

### **FEBRUARY 2013**

#### **Still time to apply for fuel Assistance!**

The Fuel Assistance Program will end on April 30th and you will not be able to apply again until November 1st. If you are having difficulty with heating bills, please call our office to see if you may be eligible for assistance. Be prepared to give your family size and income information. Appointments for Fuel and SNAP assistance can be made at our office. If you need help navigating through insurance issues, please make an appointment with Jill, our volunteer SHINE counselor, who is more than happy to assist you.

#### **Donna Houston, Outreach Coordinator**

All volunteers are required to attend a meeting on Monday Feb. 11th at 10:00am. The meeting is about monthly time sheets. More of our seniors are able to stay living longer in their homes. Our senior companion program provides companions for a senior who needs someone to visit with them, accompany them to doctor visits, or other daily tasks that are essential to maintaining independence. If you would like to become a senior companion or are in need of a companion, please call me. Volunteers give their time, make new friends, stay active and are involved in the community.

#### **Judy Gilbert Social Service/Volunteer Coordinator**

### **MERRIMACK VALLEY NUTRITION**

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least two mornings in advance by calling the Title III # 978-957-0129, speak with Debbie Lasorsa between 9:00 am and 12:30 pm. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels.

### **DRACUT SENIOR CITIZENS PROPERTY TAX WORK OFF PROGRAM 2013**

Work in town department for 62.5 hours and receive \$500 off your property tax bill. Apply at the DCOA 951 Mammoth Rd. Dracut. Application Period: Open until slots are filled. To be eligible for this program an applicant must be 60yrs. or older. A homeowner or current spouse of homeowner. Reside in the town of Dracut. Occupy the property for which the taxes are paid. Present a copy of the current property tax notice upon application. Be retired and not working as of Jan. 1st of the program year. Work 62.5 hours in the program in order to receive a \$500 credit to their tax

### **TRANSPORTATION PROGRAM**

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart\*, banking, nursing home visits & other locations. The fare is \$1 each way and bus ticket for 20 rides are \$18. Quick trips are \$3.00 round trip.

### **MEDICAL APPOINTMENTS**

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way;

\$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only**

#### **Everyone must be picked up before 2PM**

**Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment. We kindly ask, whenever possible, you schedule your lab work on Mondays and Fridays. Thank you for your patience.**

### **VOLUNTEER PROGRAMS**

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

**ALTERNATIVE FORMATS:** To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc), please contact A.D.A. Officer William Zounes at 978-453-9492

### **ATLANTIC CITY**

**Bally's Hotel & Casino April 7th—10th, 2013**

4 days/ 3night motorcoach tour \$319 pp do

Receive \$75 back in slot play

For more info call **Carol Gavriel 978-957-5527**

## SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available **Wed. Feb.13th & 27th**. Please make your appointment at the office by calling. 978-957-2611

### FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

## Health Clinics

### Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA  
Every Thursday from 1:30-3:45PM,  
blood pressure checks, weight monitor-  
and personal consultation. **Blood sugar testing (3rd  
Thursday at 2:30 pm) for known Diabetics.** 100% OF  
ALL DONATIONS GO THE VNA FOR THE ENHANCEMENT OF  
VNA SERVICES.



ing

---

---

### DRACUT SENIOR CITIZEN'S CLUB

**The Dracut Senior Citizen's Club** is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise note. **Meetings Wed. Feb.6th. & 27th. Valentine Party at Lenzi's Feb.13th at 11:00am**

A bingo game is held right after the meeting.  
Annual dues are \$2.00 payable on meeting days.  
Call Ed Bishop for more info @ 978-453-0969

### THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

\*No fees or registration

\*No financial, age or residency restrictions

\*Cannot be used with insurance

**See or call Donna Houston at 978-957-2611**

Or on line @[www.needymeds.org](http://www.needymeds.org)  
download, print, clip and save.

## Second Hand Rose

Thrift Shop - Open Daily  
Dracut Council on Aging  
951 Mammoth Road  
8:00-4:00p.m.

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the

Dracut Elderly, Inc.

### FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

Member, Mary Beth Shanahan

The Friends are a fundraising group for the sole purpose of the Dracut Council on Aging. They supplement the cost for classes such as the Art class, Energetics, Tai Chi & Computer class. They purchase supplies for the senior center such as paper goods, decorations, furniture, wall décor, curtains & whatever is needed. All volunteer events & parties & the Director's Coffee hour are sponsored by the Friends such as gifts, food & entertainment. Part of their mission is help for seniors in the community who are in need. They raise funds through "second hand rose" thrift shop & various basket raffles etc. Anyone who wishes to be a sponsor may do so at anytime. A \$3.00 donation or any amount is appreciated. We hope you will take this opportunity to join the Friends or renew your annual membership.

**THANK YOU**

# FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1			Cards/Pool/Chess 1 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30.....Walmart & Valentino's 12:00.....Cribbage 3:00.....Reiki
Cards/ Pool/Chess 4 Wii/Foosball  10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 5 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 6 Wii/Foosball  9-11Beginners Computer 9:30-1:00.....Shine 10:00.....Bone Builders 10:00.....Tai Chi 1:00.Senior Citizens Club Meeting 3:00.....Reiki	Cards/Pool/Chess 7 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy	Cards/Pool/Chess 8 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30...Christmas Tree & Ruby Tuesday 12:00.....Cribbage 3:00.....Reiki
Cards/Pool/Chess 11 Wii/Foosball  10:....Affordable Hearing (Free Hearing Screening) 10:00..Volunteer Meeting 10-11.....Bone Builders 10:30.Rep. Colleen Garry (will hold office hours) 1:00.....Bingo	Cards/Pool/Chess 12 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:00.....Movie The Odd Life of Timothy Green 12:30.....Knit/Crochet	Cards/Pool/Chess 13 Wii/Foosball  9-11Beginners Computer 9:30.....Shine 10-11.....Bone Builders 10:00.....Tai Chi 11:00 Senior Citizens Club Valentine party at Lenzi's 3:00.....Reiki	Cards/Pool/Chess 14 Wii/Foosball  <b>Happy Valentine's Day</b> 9:00-11:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45....Nurse Nancy	Cards/Pool/Chess 15 Wii/Foosball  9:00.....Bowling 9-00.....Line Dancing 9:30Kmart & Applebee's Tewksbury Plaza 12:00.....Cribbage 3:00.....Reiki
18  <b>PRESIDENTS'            BIRTHDAY</b>  Center is closed for Holiday	Cards/Pool/Chess 19 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 20 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 10:00.....Tai Chi 1:00Senior Citizens Club Meeting 3:00.....Reiki	Cards/Pool/Chess 21 Wii/Foosball  9:00-10:00.....Energetics 9:30-12...Quilting Group 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy	Cards/Pool/Chess 22 Wii/Foosball  9:00.....Bowling 9-10.....Line Dancing 9:30.....TJ Maxx Plaza & Olive Garden 12:00.....Cribbage 3:00.....Reiki
Cards/ Pool/Chess 25 Wii/Foosball  10-11.....Bone Builders 1:00.....Bingo	Cards/Pool/Chess 26 Wii/Foosball  9:00-10:00.....Energetics 10.....Grocery Shopping 10:30-11:30.....Bone Builders 12:30.....Knit/Crochet	Cards/Pool/Chess 27 Wii/Foosball  9-11Beginners Computer 10-11.....Bone Builders 9:30.....Shine 3:00.....Reiki	Cards/Pool/Chess 28 Wii/Foosball  9:00-10:00.....Energetics 9:30..No Quilting Class 10:00..Coffee with the Director 10:30-11:30.....Bone Builders 1:00.....Bingo 1:30.3:45....Nurse Nancy	



# Groups - Classes - Events



## Groups Classes

### **BEGINNER'S COMPUTING**

**With Pat Merrill**

**Feb. 6, 13, 20 & 27th**

Wednesdays 9:00-11:00

**8 Weeks at \$15.00**

### **FREE QUILTING CLASS**

Thursdays 9:30am—12:00pm

### **ENERGETICS**

**Feb. 5th—28th**

Tuesdays & Thursdays

9:00 –10:00

**With Elaine Corsetti**

**\$20.00 per session**

### **TAI CHI**

**With Connie Rock**

**Feb. 6, 13 & 20th**

10:00—11:00

**\$35 for Six Week Course**

### **ART CLASS**

**With Stella Pappas**

Tuesdays at 9:00 am to 11:00 am

**\$40.00 per 8 week session**

**Classes will resume on March 5th.**

Sponsored in part by a grant from the Dracut  
Cultural Council

### **BONE BUILDERS**

**FREE**

Helps increase endurance & strength with  
activities to improve balance & to prevent falls.  
Warm up exercises, stretching. Class uses  
weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

**For any info on classes please call Judy Gilbert  
at 978-957-2611**

## Gift Your Spirits

### **REIKI**

**EVERY TUESDAY—FRIDAY AT 3:00PM**

**\$3.00 a session**

Reiki is an ancient touch therapy technique that  
compliments traditional pain therapies.

Reiki has a positive effect on all forms of illness  
from minor to chronic conditions such as arthritis,  
fibromyalgia and other pain syndromes. It helps  
alleviate the negative effects of chemotherapy,  
post operative pain, depression as well as  
improving the healing rate.

**Please call the center to make an appointment.**

**NOTE: PLEASE PAY FOR CLASSES WITH  
A CHECK MADE OUT TO:**

**The Friend's of The Dracut Elderly, Inc.**

### **Bowlers Needed**

Small candlepins Bowling @Park Lanes in  
Windham, NH Fridays at 9AM. \$12.00 includes  
bowling and all banquets. **Call the COA office  
at 978-957-2611**

### **BEGINNERS LINE DANCING**

**With Marcella Groulx**

Every Friday @ 9:00—10:00 am **\$2 a class**

**\$2.00 a class**

## Library News

**DCOA Librarian: Ruth Chappas**

The DCOA Library has a magnifier for enlarging  
print. The magnifier is available during Center  
hours.

Group jigsaw puzzle every day in the Library.  
Chess Game Set Up In Library

### **LEGACIES VOLUME VIII ANTHOLOGY**

Are available at the senior center for **\$2.00**

In Memoriam, Friends of the Dracut Elderly, Inc.  
memorial cards are available at the center

## UP COMING EVENTS IN FEBRUARY

### FREE AARP TAX PREPARATION

For seniors 60 years and older. Appointments begins **on Fridays starting on Feb.8th**. Please call the COA office at **978-957-2611** to make your appointment.

### Affordable Hearing Hearing Clinic

**with Christopher Streeter Monday Feb.11th  
10am –12pm**

#### Free service for:

Hearing screenings, evaluations, hearing aid maintenance and cleaning. minor hearing aid repairs  
**Please call for appointment at 978-957-2611**

### Representative Colleen Garry

Will hold office hours at the COA on  
**Monday Feb. 11th at 10:30 am**

### DINNER & MOVIE Tuesday Feb.12th at 11:30

**Dinner:** Chicken broccoli and ziti with alfredo sauce. **Call Debbie at 978-957-0129** two days in advance to reserve your dinner. \$2.00 donation is suggested.

### Free movie starts at 12noon The Odd Life Of Timothy Green

Happily married couple Cindy and Jim Green can't wait to start a family but can only dream about what their child could be like-when young Timothy shows up on their doorstep one stormy night. Cindy and Jim and their small town of Stanleyville learn that sometimes the unexpected can bring some of life's greatest gifts.

**Rated :PG Comedy, Drama**

**Staring: Jennifer Garner, Joel Ederton**

**Free Popcorn & Drinks Served**

## Quick Trips for February 2013

**Friday-.Feb.1st...**Walmart & Valentino's

**Friday-Feb.8th...**Christmas Tree & Ruby Tuesday

**Friday-Feb.15th...**Kmart & Applebee's in Tewksbury

**Friday-Feb.22nd...**TJ Max Plaza & Olive Garden

**Check out!! The New Dracut Website**

**@www.dracut-ma.us**

For all information on The Dracut Council on Aging.

### COFFEE WITH THE DIRECTOR

**Thursday Feb. 28th at 10am**

Stop by for coffee and refreshments.

Discussions on up coming events,  
issues and concerns.

### ANNUAL LEGACIES WRITING COMPETITION

Are a writing competition open to all seniors. Submissions due by March 29, 2013. Stories may be written in one or all categories. Categories are: veterans memories, tell a funny or sentimental story, a challenge in your life, a story for your grandchildren and describe a spiritual experience The Dracut Jr. High Students will be available to assist in writing your stories, editing or typing. They can also help you with getting started. Please let the office know if you need assistance.

### FOXWOOD TRIPS

**Next trip is Wednesday April 3, 2013**

\$30 per person, receive a \$15 Keno play voucher and free buffet or \$10 in food voucher. Includes transportation, drivers gratuity. Friends donation and refreshments. Bus leaves the senior center at 6:45 am. Parking available at the far end of the parking lot. For more information call **Carol Gavriel at 978-957-5527**



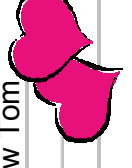
#### **Please Note: Copies of this newsletter are placed in the following locations:**

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D'Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw's, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

# MVNP (978) 686-1422

## February 2013

## Client Menu

28-Jan		30		31		1-Feb	
Grilled Chicken Breast	Apple Juice			Cranberry Juice			Cheese Lasagna
Mayonnaise	Beef Meatballs with Marinara Sauce & Ziti	Terryaki Chicken		White Rice	Roast Turkey		Marinara Sauce
Chuckwagon Corn	Mixed Vegetables	Green Beans		Almondine	Gravy		Broccoli Cuts
LS Potato Chips					Bread Stuffing		Parmesan Cheese
Sandwich Roll					California Blend Veggies		
Calories: 375 Sodium: 585	Calories: 503 Sodium: 854	Calories: 410 Sodium: 1037		Calories: 267 Sodium: 604	Calories: 334 Sodium: 588		
<b>4</b>	<b>5</b>	<b>6 High Sodium Meal</b>		<b>7</b>	<b>8</b>		
Salisbury Steak	Cranberry Juice	LS Hot Dog / Coleslaw		Breaded Baked Chicken	Salmon Boat with Dill Sauce		
Whip Potato	Chicken Cacciatori	New Eng Baked Beans		Whip Potato & Gravy	White Rice		
Kernel Corn	Pasta with Garlic Oil	Mustard & Relish		Carrots & Turnips	Mixed Vegetables.		
	Peas and Carrots	Hot Dog Roll					
Calories: 627 Sodium: 744	Calories: 450 Sodium: 278	Calories: 737 Sodium: 1893		Calories: 412 Sodium: 776	Calories: 346 Sodium: 358		
<b>11</b>	<b>12</b>	<b>13</b>		<b>14 Valentine's Dinner</b>	<b>15</b>		
Swedish Meatballs	Chicken, Broccoli and Ziti with Alfredo Sauce	Crunch Lite Fish		Roast Turkey / Gravy	Stuffed Shells		
Whipped Potatoes		Potato Wedges		Herb Whip Potatoes	Marinara Sauce		
Green Beans Almondine		Winter Squash		Peas and Carrots	Green & Gold Beans		
		Ketchup		Cranberry Sauce	Parmesan Cheese		
Calories: 569 Sodium: 755	Calories: 388 Sodium: 508	Calories: 519 Sodium: 486		Calories: 374 Sodium: 748	Calories: 294 Sodium: 888		
<b>18</b>	<b>19 High Sodium Meal</b>	<b>20</b>		<b>21 Birthday Dinner</b>	<b>22</b>		
		Baked Turkey Ham		Roast Pork	Macaroni & Cheese		
Fruit Sauce		Low Fat Sour Cream		Gravy	Zucchini & Stew Tom		
Whip Sweet Potatoes		White Rice		Whipped Potatoes			
Broccoli Cuts		Country Blend Vegetables		Peas and Corn			
Dinner Roll		Tortilla Chips					
Calories: 223 Sodium: 896	Calories: 223 Sodium: 896	Calories: 414 Sodium: 580		Calories: 427 Sodium: 231	Calories: 460 Sodium: 579		
<b>25</b>	<b>26</b>	<b>27</b>		<b>28</b>	<b>1-Mar</b>		
Chicken Marsala	Hamburger	Chicken Dippers		Beef Meatloaf w/ Gravy	Seafood Newburg		
Baked Potato	Ketchup	Sweet & Sour Sauce		Red Bliss	White Rice		
Low Fat Sour Cream	Potato Wedges	Haystack Potato		Whip Potatoes	Green Beans & Tomatoes		
Glazed Carrots	Kernel Corn	Peas & Carrots		California Blend Veg.			
	Hamburger Roll						
Calories: 424 Sodium: 533	Calories: 579 Sodium: 393	Calories: 579 Sodium: 548		Calories: 536 Sodium: 558	Calories: 254 Sodium: 780		

**Sodium is listed in milligrams.**

**Suggested donation is \$2.00 per meal.**

**All meals served with low-fat milk, bread, margarine and dessert.**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**